

Women & Wellness

Recipes from the Health Ambassador Program



"Ratatouille"

1 tablespoon olive oil
1 onion diced
2 red peppers chopped
2 zucchinis chopped
4 large cloves of garlic
2 tablespoons balsamic vinegar
¼ cup capers or chopped olives

1 large eggplant cubed
1 can chopped tomato (undrained)
½ teaspoon salt (optional)
1 teaspoon black pepper
½ cup dried fruit and nuts
½ cup basil

Directions:

Sauté onions, and garlic in olive oil for 2 minutes on medium heat. Add peppers and sauté for 3 minutes. Add cubed eggplant and sauté for 5- 10 minutes. Add tomato and balsamic vinegar and sauté for additional 5 minutes. Add zucchini, dried fruit and nuts, capers or olives. Cook on low heat for an additional 3 minutes. Add basil and serve.